

COUNSELING

In Bethel's M.A. in Counseling program, students will gain expertise in clinical mental health counseling so that they're ready to serve clients in diverse settings. Our program is accredited for Clinical Mental Health Counseling by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) (<https://www.cacrep.org/>).

The Play Therapy Certificate offers graduate students in the M.A. Counseling, M.A. in Marriage and Family Therapy, MSW programs and mental health professionals in the community the opportunity to enhance their therapy skills and gain the specialized education to become a Registered Play Therapist (RPT).

- M.A. in Counseling (<https://catalog.bethel.edu/graduate/academic-programs-disciplines/psychology/counseling-psychology-ma/>)
- Certificate in Play Therapy (<https://catalog.bethel.edu/graduate/academic-programs-disciplines/psychology/play-therapy/>)

COUN 579PT • Portfolio in Counseling 0.5-6 Credits

Portfolio course of preselected topics within an existing course in the field of Counseling.

Special Notes: Portfolio courses are created upon request with permission by an overseeing Program Director.

COUN 600 • Foundations of Clinical Mental Health Counseling 3 Credits

Exploration of the history and current practice of mental health counseling. Examination of professional identity, practice issues, professional organizations and standards, and working with systems. Evaluation of the issues of serving diverse communities and access to service.

COUN 605 • Family Systems 3 Credits

Exploration of family systems and the major family therapy theories including their application to case conceptualization, clinical treatment planning and clinical intervention methods. Examination of the relationship between theory and practice and critiquing models in light of current research perspectives, including gender and diversity concerns.

COUN 610 • Counseling Microskills 3 Credits

Development of core counseling skills and attitudes that promote effective counseling. Identification of counselor characteristics and behaviors that impact the counseling process. Application of basic counseling skills including ethical and cultural sensitive strategies for creating and maintaining therapeutic relationships.

COUN 615 • Worldview and Integration of Faith and Spirituality in Counseling 3 Credits

Examination of different worldviews and their impact on the counseling process. Evaluation of the impact of religious beliefs and spirituality upon clients, counselors and the therapeutic process. Examination of one's own worldview. Integration of religious beliefs and spirituality within the counseling process.

COUN 620 • Multicultural Counseling and Social Justice 3 Credits

Demonstration of knowledge of theories and models of multicultural counseling. Examination of heritage, attitudes and beliefs upon view of others. Application of social justice ethical principles. Evaluation of power and privilege. Examination of personal cultural identity. Integration of ethical and culturally sensitive counseling strategies.

Counseling 2

COUN 625 • Theories and Techniques of Group Counseling 3 Credits

Exploration of the theories, techniques, history, and principles related to group practice in counseling. Application of group facilitation skills. Examination of ethical concerns, multicultural adaptations, and spiritual integration in group dynamics.

Prerequisites: COUN 610.

COUN 630 • Addictions Counseling 3 Credits

Demonstration of knowledge of addiction counseling and its various forms. Demonstration of understanding of the etiology of addiction, symptoms, assessments, and diagnoses including co-occurring disorders. Examination of neurological factors and the role of psychopharmacology in addiction counseling. Evaluation of evidence-based treatment approaches. Examination of legal and ethical issues and gender and culturally responsible counseling strategies specific to addictions counseling.

COUN 635 • Lifespan Development 3 Credits

Demonstration of knowledge of human development and aging issues. Examination of developmental theory assumptions. Examination of biological, cultural, social and spiritual factors. Evaluation of crisis and trauma. Integration of cultural and developmental factors in clinical practice.

COUN 640 • Psychopathology and Diagnosis 3 Credits

Demonstration of knowledge of diagnostic categories of the DSM-5 and ICD. Examination of the history and etiology of psychopathologies. Demonstration of ability to extract important diagnostic information in the diagnostic process. Evaluation of client's context to formulate diagnosis. Analysis of diagnosis to understand clinical issues. Examination of ethical issues of diagnoses and treatment.

COUN 645 • Individual and Family Assessment 3 Credits

Examination of assessment throughout the counseling process. Current and historical context of assessment and testing in counseling. Emphasis on administration, scoring, and interpretation of instruments for assessment and diagnosis of personality and psychopathology; psychometric properties; ethical use of instruments; factors affecting reliability and validity; and synthesizing data. Ethical and cultural relevant strategies for assessment are addressed.

Corequisites: COUN 650. Course fee: \$35.

COUN 650 • Theories and Techniques of Counseling 3 Credits

Demonstration of knowledge of the major theories and models of counseling and consultation. Demonstration of theoretical applications including case conceptualization, clinical treatment planning, and clinical intervention methods. Evaluation of counseling models from theological and contemporary counseling research including gender and diversity concerns. Examination of counseling problems from different theoretical perspectives. Examination of evidence based treatment approaches.

Prerequisites: COUN 625.

COUN 655 • Professional Orientation and Ethics 3 Credits

Demonstration of knowledge of the legal and professional structures of the counseling profession. Demonstration of knowledge of ethical standards, codes of ethics, and MN state licensure. Application of ethical decision making steps. Examination of current professional issues. Examination of cultural and spiritual considerations of ethical issues in the clinical context.

COUN 660 • Research Methods and Evaluation 3 Credits

Evaluation of research designs applicable to professional counseling. Evaluation of effectiveness research in clinical practice. Development of research skills with emphasis on critiquing published research and using effectiveness research in clinical decision making. Application of ethical and culturally relevant strategies for research.

COUN 665 • Clinical Assessment and Intervention 3 Credits

Demonstration of knowledge of crisis intervention models. Application of crisis intervention skills to clinical scenarios. Examination of ethical and culturally responsible strategies with clients in crisis. Application of intake and mental health assessments to clinical scenarios. Specific focus on treatment planning and crisis intervention models including suicidal clients, child abuse and neglect, and IPV.

Prerequisites: COUN 650.

COUN 670 • Theories and Techniques of Career Counseling 3 Credits

Examination of major career development theories and their application to practice. Specific topics include career assessments, gender and cultural implications and career decision-making. Emphasis on practical skills to support client career decisions and development.

Career assessments fee: \$55.

COUN 675 • Child and Adolescent Counseling 3 Credits

Overview of the major theories and techniques for working with children and adolescents in counseling. Topics include: behavioral interventions, expressive therapy interventions, communication with school and outside services, legal and ethical issues specific to children and adolescents, and multicultural practice implications. Specific focus on the family system and its engagement in the counseling process.

COUN 677 • Practical Experience Extension 0 Credit

Extension course for continued enrollment following the term in which a masters level COUN internship, practicum, clinical or other experiential course was taken, required when there are outstanding hours to be completed.

COUN 680 • Neuroscience, Counseling, and Trauma 3 Credits

Identification of biological and neurological mechanisms of mental health. Demonstration of knowledge of crisis and trauma impact on brain and individual functioning. Identification of evidence based trauma treatment strategies. Examination of ethical, cultural, and religious/spiritually responsive strategies for trauma treatment. Application of trauma interventions.

COUN 694 • Topics in Counseling 1-4 Credits

An in-depth study of a particular Counseling theme.

Special Notes: Topics courses should serve as elective courses.

COUN 700 • Introduction to Play Therapy and Techniques 3 Credits

Exploration of the essential elements and principles of play therapy including history and ethics. Examination of play therapy theories and approaches. Application of techniques and skills to various challenges faced by children and adolescents.

COUN 705 • Child and Family Play Therapy Assessment 2 Credits

Exploration of normative child development cycle and the development of play. Application of various assessment techniques to clinical work with children, adolescents, and families. Analysis of play based assessment themes and metaphors. Exploration of ethical, spiritual, and cultural considerations when using play based assessments. Demonstration of the intake process from beginning to end including Diagnostic Interviewing, Developmental Assessment, Individual and Family Assessment, and Treatment Planning.

Special Notes: Introduction to Play Therapy is recommended prior to taking this course.

COUN 710 • Foundational Play Therapy and Techniques 2 Credits

Demonstration of knowledge of foundational play therapy theories and techniques. Articulation of rationale for using foundational theories. Analysis of themes present from the application of foundational theories and techniques. Explorations of ethical, spiritual, and cultural considerations when implementing foundational theories and techniques with a child and family. Application of foundational play therapy theories and techniques. Identification of personal cultural and spiritual bias considerations when working with diverse and underserved populations.

Special Notes: Introduction to Play Therapy is recommended prior to taking this course.

COUN 715 • Non-Directive Play Therapy Theories and Techniques 2 Credits

Demonstration of knowledge of Non-directive play therapy theories and techniques. Articulation of rationale for using non-directive play therapy theories. Analysis of themes present in the application of non-directive play therapy theories and techniques. Exploration of ethical, spiritual, and cultural considerations when implementing non-directive play therapy theories and techniques with a child and family. Application of non-directive play therapy theories and techniques. Identification of personal cultural and spiritual bias considerations when working with diverse and underserved populations.

Special Notes: Introduction to Play Therapy is recommended prior to taking this course.

COUN 725 • Trauma and Play Therapy 1 Credit

Exploration of the Neurobiology of trauma and the impact of trauma on children and their play. Examination of the philosophy of therapeutic play with traumatized children. Play Therapy strategies and approaches in therapeutic work with children. Application of play therapy strategies and techniques into therapeutic work with children and families.

Special Notes: Introduction to Play Therapy is recommended prior to taking this course.

COUN 730 • Introduction to Sandtray 1 Credit

Exploration of the philosophy and principles of Sandtray. Examination of Sandtray strategies and approaches in therapeutic work. Application of Sandtray into therapeutic work with children, adolescents, and families.

Special Notes: Introduction to Play Therapy is recommended prior to taking this course.

COUN 735 • Theraplay 1 Credit

Exploration of the philosophy and principles of Theraplay. Examination of Theraplay Techniques. Application of techniques and strategies of Theraplay into therapeutic work.

Special Notes: Introduction to Play Therapy is recommended prior to taking this course.

COUN 780 • Practicum 2 Credits

Demonstration of professional counseling competencies in initial supervised counseling experience at a community placement site. Demonstration of professional and ethical behavior including administration skills and self-evaluation. Application of theoretical constructs to clinical cases. Implementation of individual and group supervision feedback. Completion of 100 hours of experience at a practicum site including 40 hours of direct client contact hours.

Prerequisites: COUN 600, COUN 605, COUN 610, COUN 615, COUN 620, COUN 625, COUN 630, COUN 635, COUN 640, COUN 645, COUN 650, COUN 655, COUN 660, COUN 665.

COUN 781 • Internship I 3.5 Credits

Demonstration of professional counseling competencies in supervised counseling internship experience at a community placement site. Demonstration of professional and ethical behavior including administration skills and self-evaluation. Application of theoretical constructs to clinical cases. Implementation of individual and group supervision feedback. Completion of 300 hours of experience at a practicum site including 120 hours of direct client contact hours.

Prerequisites: COUN 780.

COUN 790 • Internship II 3.5 Credits

Advanced supervised counseling internship provides students the continued opportunity to gain professional and clinical experience providing mental health services to the community. 300 hours of experience at an internship site including a minimum of 120 direct client contact hours. Individual and group weekly supervision is required. Completion of course signified the completion of program clinical training requirements.